

DANCERgram

Square & Round Dance News for the West Coast of Florida
Editor: Penny Green

"Square Dancing - Friendship set to music"

April 28, 2008

Index:

- **Publication Deadlines**
- **SCCA Meeting Notice**
- Words from the Editor
- Health and Sympathy Updates
- Celebrate in 2008!
- Old Age, I decided, is a Gift!
- Dress Code
- The Importance of Definitions
- Beware of the Garbage Trucks
- The Benefits of Adding Dance to Your Fitness Regimen
- An Invitation From Germany
- Looking for ribbons for festivals?
- This Week's West Coast Dances (w/o 4/28/08)
- West Coast Classes
- Future Planning (1 month out)
- Future Planning (11 months and further) - attached

~~~~~

April 30, 2008 - **Deadline for *West Coast Dancer* Submissions.** For info: [evhenning@mindspring.com](mailto:evhenning@mindspring.com).

May 1, 2008 - **Deadline for submissions to the June issue of the *Bow & Swing*.** [rgboyd@earthlink.net](mailto:rgboyd@earthlink.net)

May 4, 2008 - **Suncoast Callers & Cuers Association Meeting** - Strawberry Square - time TBD. For info: [kfs2@iname.com](mailto:kfs2@iname.com).

### **Words from the Editor**

I believe the last of the seasonal clubs will be shutting down this week. There are still some year round clubs who will be dancing through the summer - Temple Twirlers, Spinning Wheels, BATS, Buttons & Bows of Lakeland, Suncoast Squares, Promenade Squares, Strawberry Squares will have a Plus dance one Saturday a month, Citrus Squares and Shufflin' Squares. Please support these clubs during the summer with your attendance. With all the snowbirds gone, all of the clubs will have low attendance will need support from those of us that are here year round.



### **Health and Sympathy Updates**

**Penny Green** - I came home from the hospital on Monday, April 24th, and am making progress each day. I am walking with a walker but have not been given clearance to drive yet. My daughter is staying with me to help with things that I am not able to do yet.

**Clara (Ivan) Allard** - There probably aren't very many of you left out there who remember Ivan and Clara Allard. Ivan was a caller many years ago; in fact, he had already retired by the time I started dancing 20 years ago. Ivan and Clara were members of Buttons & Bows of Lakeland when I started dancing. Clara passed away this past week.



~~~~~

Celebrate in 2008!

ONLY 26 DAYS LEFT!

PARKING FEES: \$7 per night or \$18 for a weekend pass.

CAMPERS: The rate for dry camping at the Lakeland Center this year is \$30 per night.

Anyone can help at the State Convention; this is YOUR convention and it takes a lot of workers to put on a successful convention. Check out the list below and see where you can help. If there is something you can do, please contact the person listed and let them know when you are available. You can sign up for more than one job and more than one time slot, if you are so inclined. **NO EXPERIENCE NECESSARY!**

CLUB PRESIDENTS, CALLERS AND CUERS: Please bring this to the attention of your dancers; WE NEED HELP!

DOOR HUGGERS (Greeters) - Greet attendees, staff, vendors, and spectators as they enter the building, answer questions, hand out Program Books, and give lots of yellowrocks. Good job for those not able to dance. If interested, contact Cheryl and Paul Miller at pe.miller@mchsi.com or 850-939-6688. Please give them your full name, email address and phone number (including area code). Below are the dates and time slots that are still available.

Friday, May 23

Hotel Entrance: 6:00 - 6:30 p.m.; 6:30 - 7:00 p.m.; 7:30 - 8:00 p.m. (has one person signed up; need another person); 8:00 - 8:30 p.m.

Parking Entrance: 6:00 - 6:30 p.m.; 7:30 - 8:00 p.m. (has one person signed up; need another person); 8:00 - 8:30 p.m. (has one person signed up; need another person)

Saturday, May 24

Hotel Entrance: 8:45 - 9:30 a.m.; 9:30 - 10:15 a.m.; 10:15 - 11:30 a.m.; 12:15 - 12:45 p.m.; 12:45 - 1:30 p.m.; 1:30 - 2:15 p.m.; 2:15 - 3:00 p.m.; 6:00 - 6:30 p.m.; 6:30 - 7:00 p.m.; 7:30 - 8:00 p.m.; 8:00 - 8:30 p.m.

Parking Entrance: 8:00 - 8:45 a.m.; 8:45 - 9:30 a.m.; 10:15 - 11:30 a.m.; 11:30 - 12:15 a.m. (has one person signed up; need another person); 12:15 - 12:45 p.m.; 12:45 - 1:30 p.m.; 3:00 - 3:45 p.m.; 6:00 - 6:30 p.m.; 6:30 - 7:00 p.m.; 8:00 - 8:30 p.m.

Sunday, May 25

Hotel Entrance: 1:15 - 2:00 p.m.; 2:00 - 2:45 p.m.; 2:45 - 3:30 p.m.; 3:30 - 4:15 p.m.; 6:00 - 6:30 p.m.; 6:30 - 7:00 p.m.; 7:30 - 8:00 p.m.; 8:00 - 8:30 p.m.

Parking Entrance: 1:15 - 2:00 p.m.; 2:00 - 2:45 p.m.; 2:45 - 3:30 p.m.; 3:30 - 4:15 p.m.; 6:00 - 6:30 p.m.; 6:30 - 7:00 p.m.; 7:30 - 8:00 p.m.; 8:30 - 8:30 p.m.

FASHION SHOW - Pass out programs, help line up the honorees, hand out balloons. If interested, contact Bob & Maria Spence at flspence@earthlink.net or 352-382-0336. Subject line on emails should state "Fashion Show". Please provide your full name, email address and phone number (including area code).

50/50 (Split the Pot) - Assist with selling tickets each night for the 50/50 (Split the Pot) drawing. If interested, contact George Garich at algranny3@roadrunner.com or 334-347-4949. Please provide your full name, email address and phone number (including area code).

GRAND OPENING MARCH - Something new this year - a march to kick off the convention and anyone with a convention outfit can participate! Meet at the entrance to the Plus Hall (by the Box Office) at 6:45 p.m. on Friday night to line up.

Janet Neumann from Maryland is considered one of the best dancers in the country. She feels knowledge of definitions is vital. Here are her thoughts on the subject, as reprinted from *Pacesetter* magazine.

"Definitions are the most important fundamental you can have. We all learn how to do calls by some definition, but often we quickly forget that definition and do the call by 'feel'."

"Most calls can be done from many positions even though most callers may only routinely use them from a few. I believe that knowing and saying the definition quietly to yourself while doing each and every call is absolutely crucial for success. The Mainstream definitions are the most important, because they are the building blocks for all future calls learned."

"You may think it is foolish to say to yourself 'half right and half left' when you hear Swing Thru, but if you always did that you would have no trouble doing it from a left-hand wave or a tidal wave."

"Sit down with a list of calls from Mainstream up to the program you are dancing, then say the call and follow by saying the definition. If you cannot quickly state a definition, you need to study. Only when you have the definitions readily available in your brain, will you be able to execute them in the square at a dancing pace. If you do not know or don't think you have a good definition of a call, ask someone."

"Regarding teamwork, if the person beside you seems to be hesitating, saying the definition a little louder so they can hear it may mean the difference between continuing to dance or squaring up at home waiting for the next sequence."

Good advice from Janet. Remember the well-known slogan: "If you don't know the definition, you don't know the call." Being able to day a definition IN WORDS will eliminate countless breakdowns, and thus will enable both yourself and your squares to have a much more pleasant square dance experience.

Excerpt from *American Square Dance Magazine* May 2008

"All Things Considered" by Ed Foote



Beware of Garbage Trucks

By David J. Pollay

How often do you let other people's nonsense change your mood? Do you let a bad driver, rude waiter, curt boss, or an insensitive employee ruin your day? Unless you're the Terminator, you're probably set back on your heels. However, the mark of your success is how quickly you can refocus on what's important in your life. Sixteen years ago I learned this lesson. And I learned it in the back of a New York City taxi cab. Here's what happened.

I hopped in a taxi, and we took off for Grand Central Station. We were driving in the right lane when all of a sudden, a black car jumped out of a parking space right in front of us. My taxi driver slammed on his brakes, the car skidded, the tires squealed, and at the very last moment our car stopped just one inch from the other car's back-end.

I couldn't believe it. But then I couldn't believe what happened next. The driver of the other car, the guy who almost caused a big accident, whipped his head around and he started yelling bad words at us. How do I know? Ask any New Yorker, some words in New York come with a special face. And for emphasis, he threw in a one finger salute, as if his words were not enough.

But then here's what really blew me away. My taxi driver just smiled and waved at the guy. And I mean he was friendly. So, I said, "Why did you just do that!? This guy could have killed us!" And this is what my taxi driver told me what I now call, "The Beware of the Garbage Truck." He said:

"Many people are like garbage trucks. They run around full of garbage, full of frustration, full of anger, and full of disappointment. As their garbage piles up, they look for a place to dump it. And if you let them, they'll dump it on you. So when someone wants to dump on you, don't take it personally. Just smile, wave, wish them well, and move on. Believe me. You'll be happier."

So I started thinking, how often do I let Garbage Trucks run right over me? And how often do I take their garbage and spread it to other people at work, home, or on the street? It was then that I said, I don't want their garbage and I'm not going to spread it anymore."

I began to see Garbage Trucks. Like in the movie "The Sixth Sense," the boy said, "I see dead people." Well now "I see Garbage Trucks". I see the load they're carrying. I see them coming to dump it. And like my taxi driver, I don't take it personally; I just smile, wave, wish them well, and I move on.

One of my favorite football players of all time is Walter Payton. Every day on the football field, after being tackled, he would jump as quickly as he hit the ground. He never dwelled on a hit. Payton was ready to make the next play his best. Over the years the best players from around the world in every sport have played this way: Tiger Woods, Nadia Comaneci, Muhammad Ali, Bjorn Borg, Chris Evert, Michael Jordan, and Pele are just some of those players. And the most inspiring leaders have lived this way: Nelson Mandela, Mother Theresa, Ghandi, and Martin Luther King.

See, Roy Baumeister, a psychology researcher from Florida State University, found in his extensive research that you remember bad things more often than good things in your life. You store the bad memories more easily, and you recall them more frequently. So the odds are against you when a Garbage Truck comes your way. But when you follow The Law of the Garbage Truck™, you take back control of your life. You make room for the good by letting go of the bad.

The best leaders know that they have to be ready for their next meeting. The best sales people know that they have to be ready for their next client. And the best parents know that they have to be ready to welcome their children home from school with hugs and kisses, no matter how many garbage trucks they might have faced that day. All of us know that we have to be fully present, and at our best for the people we care about.

The bottom line is that successful people do not let Garbage Trucks take over their lives.

What about you? What would happen in your life, starting today, if you let more garbage trucks pass you by?

Here's my bet: You'll be happier.

(Editor's Note: A silly little story but the moral to the story is very meaningful.)

~~~~~

## The Benefits of Adding Dance to Your Fitness Regimen

We've heard the health benefits of dancing many times; but when you read about it in a fitness center magazine, you set up and take notice as I did the other day at Watson Clinic! Lifestyle Fitness Centers, which I am sure many of us in Florida are familiar with, has a magazine *Lifestyle Fitness* and their Spring 2008 issue has an article on the benefits of adding dance to your fitness regimen. On one of many visits to Watson Clinic with my mother recently, I picked up the magazine and started reading this article. I immediately wanted to add it to the DANCERgram and asked the girl at the front desk to make a copy for me as there was only one copy of the magazine on the coffee table. Of course, she made a copy of the wrong page!

I am going to excerpt some sections of their article and add some thoughts of my own.

People have always loved to dance. From the beginning of time, dance has been a way to socialize, relax and have fun with friends and loved ones. We danced the hokey pokey as kids. We danced in high school - remember proms and square dancing? We danced the jitterbug and the twist at parties in our early adult lives. And we continue to dance at weddings and other events when we socialize. Some of us are even brave enough to take on ballroom dancing (think of the hit TV show, *Dancing with the Stars*)!

It wasn't until more recently though that some smart soul realized that we could use dance as a significant part of our daily fitness regimen. Fun, socialization, relaxation and fitness results - why not? No one ever said that working out had to feel like work!

The dance craze is now sweeping the globe. If you take a look at any fitness club, you will see all sorts of classes out there. {square dancing isn't listed - but why not?}

So what are the benefits of dance?

**The benefits of adding dance to your fitness regiment are compelling:**

**1. Calorie burning -**

Dancing can burn as many calories as walking, swimming or riding a bicycle. During an hour of sustained dancing you can burn between 400 and 800 calories. There are a number of factors which determine how many calories you burn, including your weight, age, work intensity, and type of dance you choose, but no matter these factors, dancing is a great way to burn pounds away!

**2. Cardiovascular conditioning -**

Regular exercise can lead to a slower heart, lower blood pressure and an improved cholesterol profile. Experts typically recommend 30 minutes of continuous activity three to four times a week. Regardless of the intensity of your work or the type of dance you choose, taking on dance a few times a week will improve your cardiovascular health.

**3. Muscle toning -**

Dance classes typically feature movements that use the body's big muscle groups of the quadriceps, hips and abdominals - muscles that most people want to strengthen and tone.

**4. Strong bones -**

The side-to-side movements of many dances strengthen your weight bearing bones and can help prevent or slow loss of bone mass (osteoporosis). This is especially important as we age.

**5. Low impact results -**

If you have any condition that disables you from performing high intensity or high impact movements, if you are deconditioned or if you are brand new to fitness, dance is the perfect choice for you! Dance is a low impact alternative that allows you to improve your health and get fitness results in a safe environment. Dance does not discriminate. Any person can do it at their own level!

**6. Sociability -**

Dancing gives participants a social component that solitary fitness endeavors don't. Bring your friends or make new friends - either way the social factor inherent in a dance class contributes to improved self-esteem and positive outlook.



## 7. Fun and friends! -

Great music, instructors with lots of energy, variety - what could be more fun? Instead of standing on a treadmill for an hour, or walking the weight room floor alone, join a dance class. The workout goes by so much faster when you are with like-minded people, doing something that you all enjoy!

By what about those that are "turned off" by the word DANCE? I think that some people aren't interested in square dancing because they don't like to dance and they don't want to learn how to dance. Isn't square dancing really nothing more than walking to music? All doctors will tell you that walking is the best kind of exercise; and if walking was fun, we would all be doing it. Right? But it's lonely, boring, painful for some people, works up a sweat for some, etc. We can find all kinds of excuses for not walking.

So why not explain square dancing as walking to music? And for those of us who get bored with just walking, we add a little more to it like twirling, bumping, jumping and laughing. When we add these extra activities, we work up a sweat. Then add the socializing; the hugs reduce the stress level. It's been proven that laughing also reduces the stress level.

Walking is painful for some people, but somehow they get out there and square dance! Even with all my back and hip pain over the past two years, I forced myself to get out there and dance. I was able to forget about the pain for awhile.

After my recent back surgery, when the physical therapist at the hospital was checking my legs and feet to make sure I could move them and had feeling in them, her first comment was that I have very strong legs. During the first visit the physical therapist made to my house, one of her first comments was that my legs are very toned. I wonder why my legs are strong and toned? Before my health problems, between classes and dances, I danced three to five nights a week and some weeks danced every night.

~~~~~

An Invitation from Germany

I am highlighting this invitation for two reasons;

1. I'm not sure all dancers believe us when we tell them that they can go anywhere in the world and square dance because the calls are in English. Attached is the invitation I received, which is in German. I'm not able to copy the invitation and print it in this email without losing the format and art work. Read it and see how many English words you can find.
2. This invitation is for a "Jubilee" to celebrate 50 years of calling for Al Stephens, an American in Germany. I personally don't know this caller and have never heard of him but maybe some of you have, so you may be interested in knowing about this celebration.

~~~~~

## Looking for ribbons to a festival?

I am carrying ribbons to the following dances if you want to purchase any:

- May (Memorial Day Weekend) - Florida State Convention, Lakeland
- September (Labor Day Weekend) - 2008 Single Square Dancers USA Dance-A-Rama, Nashville, TN
- November - Fall Fun Fest - Bartow

NOTE: If you see any flyers with my name, email address and phone number stamped on them, I have the ribbons (or will be receiving them shortly) to sell. I always have the ribbons with me.

~~~~~

NOTE: Yellow highlighting is a change from last week's email.

~~~~~

## THIS WEEK'S DANCES

**Monday** - *Hampton Promenaders Final Dance of the Season* - Hampton's Community 1094 US 92 W, Auburndale - rounds workshop 7:00 p.m., ER 7:15 p.m., mainstream/plus/rounds 7:30 - 9:30 p.m. - pizza - caller: **Clyde Stocker**. For info: [jvhoobler@aol.com](mailto:jvhoobler@aol.com).

*Temple Twirlers* - Barksdale Rec Center, 1801 N. Lincoln, Tampa - ER 7:00 p.m., mainstream/plus/rounds 7:30 - 9:30 p.m. - caller: **Van Coble**, cuer: Charlie Lovelace. For info: [mlewis87@tampabay.rr.com](mailto:mlewis87@tampabay.rr.com)

**Tuesday** - *Woodmere Park* - 3951 Woodmere Park Blvd. (off Jacaranda Blvd.), Venice - A2 Dance/Workshop - 1:00 - 3:00 p.m. - caller: Red Bates. For info: [redbates@juno.com](mailto:redbates@juno.com) or 941-828-0481.

*Suncoast Squares* - Metro Center, 3170 3rd Ave. N., St. Pete - Mainstream and plus workshop 7:30 - 10:00 p.m. - Caller: Mike Cox. For info contact [suncoastsquares@yahoo.com](mailto:suncoastsquares@yahoo.com).

**Wednesday** - *Strawberry Square C1* - 4401 Promenade Blvd., Plant City - 1:00 - 3:00 p.m. - caller: Art Springer. For info: <http://www.floridadanceweb.com/strawberry>

*Strawberry Square C2* - 4401 Promenade Blvd., Plant City - 10:00 a.m. - 12:00 noon. - caller: Art Springer. For info: <http://www.floridadanceweb.com/strawberry>.

**Port Charlotte Cultural Center** - Cultural Center of Charlotte County, Centennial Hall, 2280 Aaron Street, Pt. Charlotte - 7:00 - 9:00 p.m. mainstream/plus/rounds - caller: Art Miller; cuer: Jennie Martin. For info: 941-380-5336, [mdow@cyberstreet.com](mailto:mdow@cyberstreet.com), or 863-494-2749.

**Thursday** - **Shufflin' Squares** - Lake Ashton Golf Club, Thompson Nursery Road, Lake Wales - square dance attire optional - mainstream/plus - 7:30 - 9:30 p.m. - caller: Keith Stephens. For info: [cakitts@hotmail.com](mailto:cakitts@hotmail.com).

**King's Point Swingers** - Kings Point Health Room (main Clubhouse), Rt. 674 (east of I-75), Sun City Center - ER 7:00 - 7:30 p.m., plus/rounds 7:30 - 9:30 p.m. - caller/cuer: Mike Cox. For info: 813-649-0754 or [hlhtfh@yahoo.com](mailto:hlhtfh@yahoo.com).

**Citrus Squares** - First United Methodist Church, 21501 W. Highway 40, Dunnellon - 7:00 - 9:00 p.m. - caller: Ellis Lindsey. For info: [lalecl@aol.com](mailto:lalecl@aol.com).

**Promenade Squares** - Senior Center, 7625 59th St. N., Pinellas Park - ER 7:30 p.m. mainstream squares 8:00 - 9:45 p.m. - caller: Dick DeMerritt; cuers: Jimmy &/or Carol Griffin. For info: [peto1936@yahoo.com](mailto:peto1936@yahoo.com).

**Friday** - **Strawberry Square C2 Dance and Workshop** - 4401 Promenade Blvd., Plant City - 11:00 a.m. - 12:00 noon; caller: Keith Stevens. - For info: [www.floridadanceweb.com/strawberry](http://www.floridadanceweb.com/strawberry).

**Strawberry Square A2** - 4401 Promenade Blvd., Plant City - 7:00 - 9:30 p.m. - caller: Keith Stevens. For info: [www.floridadanceweb.com/strawberry](http://www.floridadanceweb.com/strawberry).

**Spinning Wheels** - Barksdale Rec Center, 1801 N. Lincoln, Tampa - ER 7:00 p.m., mainstream/plus/rounds 7:30 - 9:30 p.m. - caller: Mike Cox, cuer: Charlie Lovelace. For info: [helenm720@aol.com](mailto:helenm720@aol.com) or [jbarnes73@tampabay.rr.com](mailto:jbarnes73@tampabay.rr.com).

**Flutter Wheelers** - Bayonet Point Enrichment Center, 12417 Clock Tower Parkway, Bayonet Point, Hudson - ER 6:30 p.m., plus/rounds 7:00 - 9:00 p.m. - AS tip at 9:00 - relaxed attire June to October - caller: Bob Bourassa, cuer: John Ayers. For info: Bob Bourassa 352-796-8254 or [bobbourassa@bellsouth.net](mailto:bobbourassa@bellsouth.net).

**Snell's Bo's and Bell's Birthdays/Anniversaries** - Largo Community Center - 65th - 4th Street NW, Largo - square dance attire- callers: Allen Snell. Contact [settarose1@verizon.com](mailto:settarose1@verizon.com)

**Sun City Center Square Dance** - Sun City Center Community Hall, 1910 S. Pebble Beach Blvd., Sun City - ER 7:00 - 7:30 p.m., mainstream/plus/rounds 7:30 - 9:30 p.m. - caller: Van Coble, cuer: Mary Wiewora - For info: [lmicklatch@aol.com](mailto:lmicklatch@aol.com) or 813-633-3986 or 813-633-0551.

**Saturday** - **NEW CLUB HAS STARTED** - New Port Richey Rec Center, 6630 Van Buren St., New Port Richey, 34653 - 1:30 - 1:00 workshop, 2:00 - 4:00 Dance (mainstream/plus/rounds) - caller/cuer: Allen Snell. For info: [settarose1@verizon.com](mailto:settarose1@verizon.com).

**Strawberry Square** - 4401 Promenade Blvd., Plant City - ER 7:00 p.m., plus/rounds 7:30 - 9:30 p.m. - caller: Clyde Stocker, cuer: Pat Hagen. For info: [www.floridanceweb.com/strawberry](http://www.floridanceweb.com/strawberry)

**Strawberry Square Ph 5 Rounds Workshop & Dance** - 4401 Promenade Blvd., Plant City - Phase 5 Rounds -10:30 - 12:30 p.m. - cuer: Charlie Lovelace. For info: [www.floridadanceweb.com/strawberry](http://www.floridadanceweb.com/strawberry)

**Sunday** - *Strawberry Square Phase 4 Rounds* - Strawberry Square, 4401 Promenade Blvd., Plant City - 6:30 - 8:30 p.m. - cuer: Charlie Lovelace. For info: [www.floridadanceweb.com/strawberry](http://www.floridadanceweb.com/strawberry).

**B&S Flutter Wheelers** - Bayonet Point Enrichment Center, 12417 Clock Tower Parkway, Bayonet Point, Hudson - A2 workshop 5:30 - 6:00 p.m. - A2 Dance - 6:00 - 8:00 p.m. - relaxed attire - caller: Bob Bourassa. For info: 352-796-8254 or [bobbourassa@bellsouth.net](mailto:bobbourassa@bellsouth.net).

**King of Kings Church** - 10337 U.S. 19, Port Richey - casual dress - 1:00 - 4:30 p.m. Tips are alternated. Caller/Cuer: Allen Snell. For info: 727-809-3429 or 727-809-0323 or [settarose1@verizon.com](mailto:settarose1@verizon.com).

**Orange Blossom Squares** - The Villages La Hacienda Center, The Villages - 7:00 - 9:30 p.m. - caller: **Lon Ligon**, cuer: Joanne Helton. For info: [sharonandron579@localnet.com](mailto:sharonandron579@localnet.com)

~~~~~

CLASSES:

Please provide start date, start and ending time, level (beginner, mainstream, plus, etc.) exact address (with city) where class and/or workshop will be held, instructor's name, contact name, email address and phone number.

October 26, 2008 - **Hampton Promenaders Beginner Square Dance Lessons** - Hamptons Community, 1094 Hwy 92 W., Auburndale - 1:30 p.m. - 3:30 p.m. - caller/instructor: Danny Miller. For info: chraller56@aol.com.

October 26, 2008 - **Hampton Promenaders Plus Workshop** - Hamptons Community, 1094 Hwy. 92 W., Auburndale - 3:30 p.m. - caller/instructor: Danny Miller. For info: chraller56@aol.com.

~~~~~

## FUTURE PLANNING:

*Please include dates, exact address of location where dances are held (including city), themes, level(s), if rounds are included, times, callers and cuers (exact names - not 'guest callers'), attire, contact information (include email and phone number). IF THERE ARE ANY CHANGES TO YOUR SCHEDULE DURING THE YEAR, I.E. CANCELLATIONS, CHANGE OF CALLERS OR CUERS, CHANGE OF DANCE LOCATION, PLEASE NOTIFY ME AS SOON AS POSSIBLE SO THE WORD CAN BE PASSED TO AS MANY DANCERS AS POSSIBLE.*

**PLEASE ENSURE THE INFORMATION IN THE WEST COAST DANCER IS CURRENT AND ACCURATE.**

May 8 - 10, 2008 - **Canada International Square & Round Dance Convention** - Brock University, St. Catharines, Ontario. For info: [www.td-dance.ca](http://www.td-dance.ca) - 905-875-0268 - [bydge@sympatico.ca](mailto:bydge@sympatico.ca).

May 10, 2008 - **Bay Area Twirlers (BATS) Sadie Hawkins Dance** - caller: Gary Murphy, cuer: Charlie Lovelace. For info: [jbrookover@regencycenters.com](mailto:jbrookover@regencycenters.com).

May 12, 2008 - **Temple Twirlers Sadie Hawkins Dance** - caller: Roland Blanchette; cuer: Charlie Lovelace. For info: [mlewis87@tampabay.rr.com](mailto:mlewis87@tampabay.rr.com).

May 13, 2008 - **Buttons & Bows of Lakeland Western Dance** - Magnolia Building, 702 E. Orange St., Lakeland - ER 7:30 p.m., mainstream/plus/rounds 8:00 - 10:00 p.m. - caller: Allen Snell, cuer: Charlie Lovelace. For info: [bevanlee@aol.com](mailto:bevanlee@aol.com).

May 15, 2008 - **Deadline for submissions to the July issue of American Square Dance Magazine.** [AmericanSquareDance@earthlink.net](mailto:AmericanSquareDance@earthlink.net).

May 15 - 17, 2008 - **20th Virginia State Convention** - Holiday Inn Conference Center, Hampton, VA. For info: [LDavis70@shentel.net](mailto:LDavis70@shentel.net).

May 16 - 18, 2008 - **Hitch 'n Go Chapter #082** - Sanlan Ranch, Lakeland - caller: Charlie Pergrossi. For info: [jelohart@hotmail.com](mailto:jelohart@hotmail.com).

May 16 - 17, 2008 - **26th Annual Georgia Singles Anniversary Dance** - Commerce Civic Center, 110 State Street, Commerce, GA - caller: Jimmy Roberson, cuers: Matthew Temples and Ramona Stowe, line dance leaders: Sylvia Irvin and Lois Roberts - \$25 per person for non-members (doesn't include dues) in advance, \$30 at the door (doesn't include dues) - add \$5 for membership in the Georgia State Singles Association of Square and Round Dancers. For info: [pinglis@agnesscott.edu](mailto:pinglis@agnesscott.edu).

May 22, 2007 - **West Coast Folding and Business Meeting** - Barksdale Center, 1801 N. Lincoln Ave., Tampa (home of Temple Twirlers and Spinning Wheels). **Please send a representative from your club or forward a report to be read at the meeting! Everyone is welcome and encouraged to attend!** For info: [brassy1012@aol.com](mailto:brassy1012@aol.com).

May 21-23 - **#018 Sunshine Pioneers Square Dance/Camping Group** - Hidden River RV Resort, Riverview - caller: Ted Hughes, cuer: Patricia Fuller-Gardner. For info: [callen@ij.net](mailto:callen@ij.net).

May 22, 2008 - **Florida State Convention Trail In Dance** - Strawberry Square, 4401 Promenade Boulevard, Plant City - 7:30 - 10:00 p.m. - \$5 per person donation - MC: Bob Barnes, callers: Bob Poyner, Gary Murphy; cuers: Pat Hagen and Don and Loretta Hanhurst. For info: [anndonslocum@juno.com](mailto:anndonslocum@juno.com)

May 23 - 25, 2008 - **54th Florida State Convention** - Lakeland - hosted by West Coast Association. For info: [anndonslocum@juno.com](mailto:anndonslocum@juno.com)

May 25 - 26, 2008 - **50th New England Square and Round Dance Convention**, Sturbridge, MA. For info: 508-376-4952 or [www.nersdc.org](http://www.nersdc.org).

May 29, 2008 - **2nd Annual Military Memorial Dance** - Azalea Squares, The Military Party Club, Azalea Hall, Mobile, AL - social time 6:45 p.m., dance 7:00 - 9:00 p.m. - admission at guard gate - \$4 per person - refreshments and split the pot - dress code: casual patriotic, military, insignias, camos, costumes, etc. - come join with us as we honor our United States Military - Base OPs - Ben Preston 251-471-6161 or Base Secretary - Mona Still - 251-634-1221.

May 30 - 31, 2008 - **Smoky Mountain Retreat** - Gatlinburg, TN - callers: Tim Marriner and Ace McGee, cuers: Gene & Jackie Tyre - Plus, Advance, DBD, Rounds, Workshops - \$20 per person for weekend dance package - host hotel: The Riverside Motor Lodge - group discount rate \$62.95/night + tax. For info: [dhbrigman@hotmail.com](mailto:dhbrigman@hotmail.com).

June 1, 2008 - **Deadline for submissions to the Grapevine**. For info: [thegrapevine@pergrossi.com](mailto:thegrapevine@pergrossi.com).

June 30, 2008 - **Deadline for submissions to the West Coast Dancer**. For info: [evhenning@mindspring.com](mailto:evhenning@mindspring.com).

August 17 - 22, 2008 - **Rocky Mountain Callers School** - Vallecito Resort, Bayfield, Colorado - 800-258-9458 - Accredited Caller Coaches: Ron Markus and Tim Marriner - over 30 hours scheduled mike time - full CALLERLAB curriculum - \$300 per caller- resort discounts available. For info: [rockymtncallersschool.com](http://rockymtncallersschool.com) - 520-730-8776 - [ramcaller@juno.com](mailto:ramcaller@juno.com).

October 9 - 13, 2008 - **Northeast Callers School** - Mill-a-Round Dance Center, Manchester, NH - Instructors: Ken Ritucci, Norm Poisson, Randy Dougherty, Todd Fellegly - whether you are presently calling or desire to be a caller, this school will help with your calling career - \$295/student - space is limited - for an application and more information, contact Ken Ritucci at 413-734-0591 or write Ken [Ritucci@aol.com](mailto:Ritucci@aol.com) or [www.northeastcallersschool.com](http://www.northeastcallersschool.com).

November 20 - 24, 2008 - **Silver State Caller College** - John Ascuaga's Nugget Hotel and Casino, Sparks, Nevada - complete CALLERLAB curriculum, covering all Essential, Important and Desirable topics. Classroom presentation and plenty of "Mike Time" for each student. Instructors: Doug Davis, of Colbert, WA, CALLERLAB Accredited Caller Coach; Vic Kaaria of Redlands, CA, Guest Instructor for 2008; Nasser Shukayr of Harlingen, TX CALLERLAB Accredited Caller Coach. Tuition: \$350 per caller. A \$50 refundable deposit holds your place. For info: Doug Davis 509-979-2612 or [DDavisP@aol.com](mailto:DDavisP@aol.com) or Vic Kaaria 909-335-8705 or [VicKaaria@aol.com](mailto:VicKaaria@aol.com)

Penny T. Green, Editor

## DANCERgram

863-967-5004

sqdncfan@aol.com

**"Square Dance - friendship set to music"**

### **Links:**

<http://www.floridadanceweb.com/> (Florida Dance Web)

[http://floridadancing.com/html/west\\_coast\\_squares.html](http://floridadancing.com/html/west_coast_squares.html) (West Coast)

[www.floridadanceweb.com/fassrd](http://www.floridadanceweb.com/fassrd) (Florida Singles)

<http://usda.fundlinklic.com/> (online shopping mall)

<http://www.usda.org/> (United Square Dancers of America)

<http://www.samdunn.net/> (Caller Sam Dunn's personal web site)

[www.floridadanceweb.com/strawberry](http://www.floridadanceweb.com/strawberry) (Strawberry Square)

<http://www.nsddirectory.com/> (National Square Dance Directory - information & contacts for clubs in the U.S., Canada and around the world)

<http://www.aronssquaredanceshopandpatterns.com/> (Aron's Square Dance & Western Wear Shop)

<http://www.calyco.com/> (CaLyCo Crossing - a full line square dance shop)

<http://www.tictactoes.com/> (Tic Tac Toes - shoe vendor)

[www.iagsdc.org](http://www.iagsdc.org) (International Assn. of Gay Square Dance Clubs)

*This E-Newsletter is published by a square and round dancer concerned about the preservation of our dance activity. This is not a publication of the West Coast Square and Round Dancers' Association, Inc. The target audience is the dancers in the West Coast area of the state of Florida and contains dance information for the upcoming week in this area as well as major dances around the state and nation, and any other information of interest to the dancers. It is published weekly with addendums as needed. New information each week is highlighted. Permission is given to forward this newsletter to your membership or others interested in receiving a copy or to provide printed copies to your members and visitors to your club. It is also available on the West Coast page of the Florida Dance Web at [www.floridadanceweb.com](http://www.floridadanceweb.com). If you would like a copy emailed to you or would like your club information added, please contact the editor at [sqdncfan@aol.com](mailto:sqdncfan@aol.com). Please continue to support the West Coast Dancer, a publication of the West Coast Square and Round Dancers' Association, which is published bimonthly and is provided free of charge for all dancers. For*



## **Old Age, I Decided, is a Gift!**

I am now, probably for the first time in my life, the person I have always wanted to be. Oh, not my body! I sometime despair over my body - the wrinkles, the baggy eyes, and the sagging butt. And often I am taken aback by that old person that lives in my mirror, but I don't agonize over those things for long.

I would never trade my amazing friends, my wonderful life, and my loving family for less gray hair or a flatter belly. As I've aged, I've become kinder to myself, and less critical of myself. I've become my own friend. I don't chide myself for eating that extra cookie, or for not making my bed, or for buying that silly cement gecko that I didn't need, but looks so avant-garde on my patio. I am entitled to overeat, to be messy, to be extravagant. I have seen too many dear friends leave this world too soon; before they understood the great freedom that comes with aging.

Whose business is it if I choose to read or play on the computer until 4 am, and sleep until noon? I will dance with myself to those wonderful tunes of the 60's, and if I, at the same time, wish to weep over a lost love; I will. I will walk the beach in a swim suit that is stretched over a bulging body, and will dive into the waves with abandon if I choose to, despite the pitying glances from the bikini set. They, too, will get old!

I know I am sometimes forgetful. But there again, some of life is just as well forgotten, and I eventually remember the important things.

Sure, over the years my heart has been broken. How can your heart not break when you lose a loved one, or when a child suffers, or even when a beloved pet gets hit by a car? But broken hearts are what give us strengths and understanding and compassion. A heart never broken is pristine and sterile and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turn gray, and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver. I can say 'no', and mean it. I can say 'yes', and mean it.

As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.

So, to answer your question, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been or worrying about what will be. And I shall eat dessert every single day.

Today, I wish you a day of ordinary miracles.

Author Unknown.





## Dress Code

The debate has raged on for many years during meetings, at dances, festivals, and conventions about the dress code in today's square dance activity. I looked back on the DALLERLAB web site and found a CALLERLAB Position Paper approved at the 2000 CALLERLAB Convention and sent out as a press release later that same year.

The Position Paper came from documents and discussion that originated from LEGACY and The National Council of Square Dance Organizations. These leadership organizations were the more complex predecessors to the current alliance of nationally recognized dance organizations called ARTS or Alliance of Round, Traditional, and Square Dance.

I personally think this position paper is still valid and says it all in a very concise manner. Until we come up with a better idea, I'd like to revisit the subject again and review its most important points.

It mentions three broad categories of dress. Traditional, Proper and Casual Attire are all general choices that can be considered for each event or individual sessions at larger events.

The most important point of this Position Paper in my mind is the following: We encourage clubs and leaders who run dances and weekend festivals to specify traditional attire, proper attire, or casual attire to their individual dances, sessions, and events.

It's the choice of those that organize and run the event to choose the "attire" and enforce it as they choose. If there is a preference of the majority of dancers toward a certain type of attire, those events will stay popular and succeed enough to continue to exist. If certain attire is not preferred, then the events adhering to that attire will not continue.

What I've actually seen in the last eight (8) years is a very slow evolution of our attire to more casual wear at daytime events while traditional attire remains more popular in the evenings. I think we'll continue to see more evolution in this area and I sincerely hope that we also see a continued increase in tolerance and acceptance as our activity continues to evolve and change as it has for more than a hundred years.

I believe we have many more important issues to resolve and that, in spite of over-simplified single solutions offered by some, we have many areas that need overhauling before we see a real rise in our numbers again.

Ballroom dancing is exceptionally popular today and not inexpensive to participate in. That tells me people still want to dance. We need to find a way to professionally market an updated square and round dance product that will fit the more complex life styles of today and tomorrows population.

This is the most current position paper for use by dance and event organizers. I think it still works!

***Dress Code  
CALLERLAB Position Paper  
(December 1999)***

During the 2000 CALLERLAB Convention in Las Vegas, Nevada, a Position Paper on a proposed dress code was presented to the membership for a vote. This Position Paper was approved by the convention attendees. The vote to approve the Position Paper was not rescinded by the membership during a mail ballot on this issue. The following is that Position Paper.

For many years now square dance leaders have debated the issue of square dancing attire. In 1991 LEGACY adopted a resolution to update the dress code and provide guidance and flexibility in the choices of dress and skirt style. The resolution considered square dance image problems, general preference for more comfort in recreational wear and the high cost of square dance attire as primary reasons for change. The National Council of Square Dance Organizations (NCSDO) has proposed modifying the definition of square dance attire and presented this proposal for consideration. Many organizations have been debating this issue and there seems to be strong sentiment on each side.

The CALLERLAB Board of Governors has debated the issue and realizes that there exists a great potential for dividing dancers by mandating a more relaxed square dance attire to all participants and events. Therefore, CALLERLAB recommends the following compromise to the issue of square dance attire:

Whereas, "traditional" square dance attire provides a connection to the history of any activity, adds to the visual enjoyment of participants and spectators, enhances individual dancer styling included in individual calls, and provides for the protection and mutual comfort of dancers (i.e., shoes, long sleeves shirts, etc.), we support the choice of dancers, clubs and festivals selecting "traditional" as appropriate attire.

Whereas, traditional attire can at times be an inconvenience to dancers, and even deter people from joining and/or participating altogether, we support the choice of dancers, clubs, and festivals selecting the NCSDO proposal of "proper" square dance attire, which would include dress slacks and dress jeans for men and women and short sleeved dress shirts for men. It should be noted that even if an event is advertised as "proper" attire, "traditional" attire is always appropriate.

Whereas, proper attire may allow for a myriad of choices, there may be times when traveling, weather and other conditions would discourage dancers from following either traditional or proper dress codes. In that event, leaders are encouraged to advertise these dances/sessions/festivals, etc. as "casual" attire. It should be noted that if an event is advertised as "casual" attire, "traditional" and "proper" attire are always appropriate

We encourage clubs and leaders who run dances and weekend festivals to specify "traditional attire," "proper attire," or "casual attire" to their individual dances, sessions, and events. We further support a policy of tolerance and encourage all square dance leaders and participants to embrace the joys of friendship, sociability, and fun, first and foremost in whatever extent of participation they enjoy,

Excerpt from *American Square Dance Magazine* May 2008  
CALLERLAB VIEWPOINTS by Mike Seastrom

